Beaded Ornament Workshop Conducted By Homemakers

Participants are busy working on beaded ornaments in a workshop conducted by the homemakers at the Appomattox County Extension Office. Pictured above is Mrs. Hazel Saunders proudly showing a finished ornament to Mrs. Frances Wilson who served as instructor for the workshop. Others are Miss Jewel Williams, Mrs. Ada Lucado and Mrs. Dixie Staten who also served as instructor.

Busily working are Mrs. Margaret Bragg, Mrs. Phyllis Wilson and special little helpers - Melinda Wilson and Brett Wilban. Others who are quite busy with their hands are Mrs. Winnie Martin, Mrs. Sue Waddell and Mrs. Isabelle Coleman.

"Happiness Is" - - getting it all together. Workshop instructors (standing) Mrs. Dixie Staten and Mrs. Frances Wilson are sharing their talents with Mrs. Grace Williams and Mrs. Margaret Bragg in the beaded ornament workshop. If you are interested in attending a beaded ornament workshop, call (352-8244) or write the Appomattox County Extension Office at P.O. Box 488, Appomattox, Va. 24522.

Students Hear About Volunteer Program At Virginia Baptist

Sophomore and junior students who are interested in nursing or a health related career recently had the opportunity to meet with Mrs. Laura Roach, Director of Volunteer Services at Virginia Baptist Hospital in Lynchburg. Mrs. Roach stressed the importance of volunteer services while in high school for several reasons. The volunteers in the hospital receive much valuable training and firsthand knowledge of how a hospital is run. Should the student decide to pursue nursing or a medical career, often the deciding criterion for admission into a program is whether or not the applicant has served in a volunteer program in order to have experience inside the hospital.

Through the presentation of a slide program, Mrs. Roach discussed the set-up of their Volunteer Program and the duties of junior volunteers. The students also received information about making application into the program and were told that interviews will begin in February.

It's Promise Time Again!

It's promise-time again! As each new year gets underway, people everywhere make all sorts of promises and resolutions. Sometimes these are advertised publicly, but more often, they are vowed silently. It seems easier if nobody knows what we are trying to do!

Perhaps the reason for making secret resolutions is that when we fail, we feel nobody can keep score. But this is also the precise danger. How many wishes have been unfulfilled? Has failure become an anticipated result "of resolution?

After a month or so of gorging, nibbling, and just plain "serious eating," most of us put at the top of our lists: Resolved--to LOSE WEIGHT. It sounds so practical on New Year's Day, but before George Washington can celebrate his birthday, it has lost impact. So we chalk up another loser.

It is not so difficult to determine the causes for failure in dieting. There is no miracle cure. There is no secret formula. Those who follow such a dream are doomed to eventual distress. For even though the quick-loss plans are sometimes immediately effective, if one plans to live a while, it is not long before the horrible awareness that weight is a constant vigilance, a battle to the finish, a determined and adult response to a problem of discipline.

For some years, scientists and researchers have tried to develop the most effective methods of weight control. It has become an increasing problem for Americans. We are less active and are far more inclined to be sedentary than our ancestors. This calls for a re-arrangement of ideas and customs in eating.

Health hazards to overweight persons are well known. Months and even years of life trimmed off because of excess weight, illnesses related to obesity, and mental anguish attached to an unattractive physical appearance are only a few stimuli which trigger study by university and private industry alike.

The intriguing questions seem to be: How can I do it in the quickest and safest manner? Is there a way to keep this excess weight of permanently?

Many psychologists have concluded that overeating is a compulsive problem, not unlike that of alcoholism. The most effective treatment for alcoholics and food addicts alike has been, it appears, contact with others who are having the same problem. Thus, the presence of a sympathetic or helping group becomes imperative in the cure.

Corrective information is another definite plus in weight control. The knowledge of body needs and functions, of mind an emotional interplay, are critical for long range success.

Finally, a plan for instruction and guidance for the successful dieter, assisting the individual to remain at goal weight, seems to prevent a return to the former problems.

The Conway Diet Institute, an adult education program, offers a simple, well balanced, 1000 calorie diet and weekly seminars on a range of subjects from nutrition to behavior modification. It provides for its members just these features so necessary for weight control, and gives a maintenance program designed to help dieters to remain forever slim.

The Conway Diet Institute meets in this area on Monday evenings. The seminars are held at Fidelity American Bank Building on Moses, Street. Seminars begin at 7:30 o'clock. Those wishing to come earlier for the weigh-in are welcomed to do so.

Further information about the Conway Diet Institute can be obtained by calling Betty Tinsley at 248-6771, lecturer.

Capitol Comments

By DAN DANIEL, Fifth District, Virginia

The Congress is barely off the ground, and already it is being identified in some circles as the "Negative 96th." There seems to be general agreement that this is the Congress which will have to say "no," both on legislative initiatives and appropriations, if we are to have a balanced budget.

Not everyone feels this way, of course, and there has been a veritable snowstorm of paper swirling around on Capitol Hill, as Members introduce and re-introduce legislation to further regulate the taxpayer, or figure out new ways to take his or her money.

Without going into detail, and without suggesting what your Congressman considers the best course of action in these matters, we offer a summary of the issues which will likely be addressed in the coming two years. They are presented alphabetically, and do not represent a priority assignment.

In the field of **Agriculture**, it can be expected that attention will be given to Federal Crop Insurance proposals. Many people feel the present system is inadequate, and that revision of the Federal role can result in better protection from losses due to natural disasters, while at the same time effecting significant budgetary savings.

Defense will be a high-profile subject. The President has indicated he will seek a 3 percent overall increase above inflation, to improve NATO readiness. However, the NATO subcommittee, which I have chaired, found wide variances reflected in public statements by spokesmen for the Pentagon and the White House.

In the matter of **Energy**, new questions must be answered, and old ones will return. What will be the impact of lifting oil price controls, due to expire the middle of this year? How much involvement should the Federal government have in the development of alternative sources? What should the Federal government do (if anything) about the present surplus of crude oil on the West Coast? It is interesting to note here that the Department of Energy has invented a new term for glut - it is an "overdeliverability situation."

Federal Credit Activities need examination. In FY 1977, credit advanced under Federal programs totaled $36.6 billion, and represented 11.5 percent of total national credit market activity. Yet only $2.6 billion, representing direct loans, were reflected in the budget that year.

Federal Regulatory Cost is an absolute must for the 96th Congress. In the private sector alone, the cost is estimated in the tens of billions, adding a like amount to the costs consumers must pay.

Another return issue will be **Federally-Sanctioned Retirement Plans.** Social Security will be examined both from the standpoint of benefit structure and funding. As he has been reported, the 1977 Act included the largest peacetime tax increase in our nation's history, and indications are that even this is not enough to keep the program solvent. In the same basic act is the Unemployment Compensation Program. This has historically been supported by employer contributions, but benefit increases, extended payment periods, and the recent recession have joined to place this program heavily in the red, so that some action will be required. Also likely to be examined is the military retirement program. It is important that, in considering all these areas, solutions should reflect the best use of financial resources and equity to retirees.

Higher Education will be back before the Congress, since this act must be reauthorized this year. Particular attention will likely be given to student assistance programs.

From the foregoing it becomes obvious that the 96th Congress will have to tackle not just issues, but the underlying philosophy of government. Hopefully, it will be more successful than its immediate predecessors.

Cough medicine is made from the bark of the cherry tree, according to *The World Book Encyclopedia*. Quinine (for treating malaria) comes from the bark of the cinchona tree.

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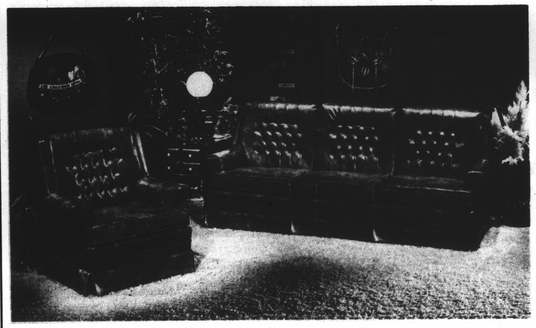

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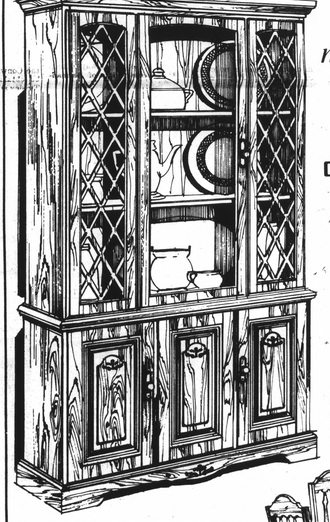

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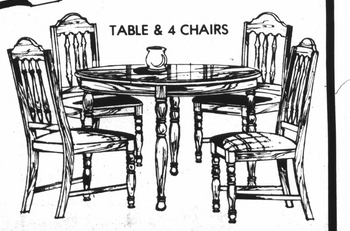

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